

Leisure Times

Fall 2011



Concord
NORTH CAROLINA
PARKS & RECREATION

A message from the director...



BOB DOWLESS

Providing quality programming and services, a safe, aesthetically pleasing greenway and park system is the commitment we make every day to the families and residents of Concord. We take great pride in providing services that enhance quality of life and we strive to make our community a great place to live.

I hope you have the opportunity to get outdoors and walk the greenway, visit one of our parks, experience one of our special events, visit one of our community centers, and participate in a recreational class or program.

Concord Parks & Recreation takes great pride in the community support we receive and want you to know that we are continually working to earn your support. We welcome your comments, questions or concerns. You can reach our office at 704-920-5600 or email us at recreation@concordnc.gov

"There is no better time to invest in a healthy future than today."

Concord

NORTH CAROLINA
PARKS & RECREATION

City of Concord Parks & Recreation exists to provide recreation services, parks and facilities that enrich the lives of all residents and promote the opportunity for a healthy lifestyle.

Athletics

YOUTH ATHLETICS BASEBALL, BASKETBALL, SOCCER

4-5 Instructional Division – Designed to introduce players to organized sports. Rules are simplified, team rosters are reduced, and playing season is compacted to allow maximum exposure to in a limited time frame. (All games and practices in this division are on Tues and Thurs nights.)

6-7-8 Division – Begins developing fundamentals for each specific sport. Rules are modified to present the optimum playing experience for novice participants. (Practices are on week nights and games are on Sat.)

9-10 Division – Builds on basic fundamentals of given sport. Rules are slightly modified to present optimum playing experience for participants with limited exposure. (Practices are on week nights and games are on Sat.)

11-12 and 13-15 Divisions – Designed to promote teamwork, sportsmanship and advance fundamental development. No rule modifications. (Practices are on week nights and games are on Sat.)

- Registration available at Academy Recreation Center, Logan Recreation Center and Hartsell Recreation Center 8-5 p.m. during open registration periods.
- Registration available on-line 24/7 during open registration periods at www.concordparksandrec.org
- Registration fees: \$30 for city residents, \$50 for non-city residents.
- Contact the Athletic Office at 704-920-5600 for more information.

TIME LINES:

Baseball Open Registration: January; **Playing season:** April - June

Soccer Open Registration: June; **Playing season:** August - November

Basketball Open Registration: September; **Playing Season:** December - March



MAYOR AND CITY COUNCIL

Mayor, J. Scott Padgett

David W. Phillips –	District 1
Jim Ramseur –	District 2
Ella Mae Small –	District 3
Alfred M. Brown, Jr. –	District 4
W. Lamar Barrier –	District 5
Hector H. Henry, II –	District 6
John A. Sweat, Jr. –	District 7



Athletics

ADULT ATHLETICS

Concord Parks and Recreation currently offers two different adult sports activities, softball and basketball. Teams enter the league pre-formed. Seasons consist of 10 regular season games and 1 single elimination tournament game. Contact 920-5617 for more information or visit our website at www.concordparksandrec.org.

Basketball – Summer and Winter

Divisions: Church, Open, Women's and Over 40
Registration: Summer - May; Winter - December
Playing Season: Summer: June - July; Winter: January - March
Fee - \$375

Adult Softball – Spring and Fall

Divisions: Church, Open, Co-ed and Women's
Registration: Spring: March; Fall - August
Playing Season: Spring: April - June; Fall: September - November
Fee - \$375

TENNIS

Known as "the sport of a lifetime", tennis directly impacts a person's health and quality of life. Tennis is a family-friendly sport, which not only provides a great aerobic workout, but also teaches values such as teamwork, sportsmanship, fair play, and discipline. **The City of Concord is a member of the USTA.** Contact Tennis Coordinator, Chad Oxendine, AMP Tennis, LLC at 704-806-0909 for all your tennis needs.
www.amptennis.com.

QUICK START TENNIS

Quick Start Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. It is divided into two different levels — ages 5-8 and ages 9 & 10. Call Ryan Jones for more class information at 704-920-5619.

Instructor - Chad Oxendine, AMP Tennis, LLC

Saturdays

9:00 - 10:00 a.m.

Session I: Activity #6009.311

9/3 - 9/24; for ages 5 - 10

Session II: Activity #6010.311

10/1 - 10/22; for ages 5 - 10

Session III: Activity #6011.311

11/5 - 11/26; for ages 5 - 10

Fee: Group session: \$25; \$5 city resident discount

Per lesson: \$13; \$5 city resident discount

Location: Les Myers Park Tennis Courts

Editor's note:

We hope Leisure Times gives you an insight into what Concord Parks & Recreation offers this fall and winter. The thrust of each of these publications is to be a convenient reference in assisting you in making selections for a healthy life style.

The young ladies on the front cover are Hannah Shaw, current Youth Council member and Chekaira Holit, graduated Youth Council member. They participated with the Pumpkin Prowl at Hartsell Recreation Center last October. Information about this year's event is on page 7.

Please join us for other holiday activities and festivals listed throughout the publication.

We invite you to contact us for questions and comments. You can find our contact information in this issue or by visiting our website www.concordparksandrec.org

We look forward to seeing you in our parks and on our greenways.



LAKE FISHER

Lake Fisher is a North Carolina watershed, providing water to Concord residents. Because of this classification rules and regulations govern activities on the lake. Please assist us by following these guidelines. The lake will operate through Saturday, November 12, 2011. This date is subject to change due to water restrictions, special programs or other factors deemed necessary by City of Concord officials.

Hours of Operation:

Monday & Tuesday: closed
Wednesday - Saturday: 7:00 a.m. - 3:00 p.m.
Sunday: 1:00 p.m. - 6:00 p.m.

Boat Rental Fees (per person):

Adult: \$10; \$5 city resident discount
Senior Adult (60 or older): \$8; \$5 city resident discount
Youth (12 - 16): \$8; \$5 city resident discount

Athletics

ROAD RACES ON THE GREENWAY

Races begin and end in Les Myers Park, running on the McEachern Greenway and the new Downtown Connector Greenway. This course is certified. The McEachern Greenway has been designated as part of the Carolina Thread Trail.

DAY OF THE THREAD 5K

Activity # 6002.311

Saturday, 11/5

5:30 p.m.

4:00 p.m. Pre-registration

5:00 p.m. Fun Run begins

5:30 p.m. 5K begins

Fee: 5K: \$12 Early Registration
\$15 After 10/28

Awards given to overall male and female and to the top three male and female finishers in each age group: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75 and over. Male and female stroller category available.

Call 704-920-5619 for a registration form or download one from our website. Online registration is available at
www.concordparksandrec.org

Mark your calendar for these races:
Bunny Run 4/7
Streetlight 5K 7/13



COUCH TO 5K CHALLENGE

Activity #6003.211

This group training and exercise program is designed to encourage, motivate and challenge the individual to compete with his/her peers. No running experience is necessary. The final goal is to run the Bunny Run 5K on 4/7, (registration fee required).

REFLEX International certified instructor.

Tuesday & Thursday

1/31, ongoing, 6:00 p.m.

Registration Fee: \$10

Location: Dorton Park

City of Concord Parks & Recreation and REFLEX International are taking the wellness program to the next level with the COUCH TO 5K CHALLENGE.

REFLEX International provides events and competitions designed around health and fitness, whether you are on your own or part of a group,

C25K
REFLEX INTERNATIONAL



The Couch to 5K Challenge got me off the couch by walking then gradually working in jogging. Through the instructors, who are supportive and informative, I learned to stretch and exercise my 62 year old body. Since February I have lost over 30 lbs. and have participated in three 5K events. Couch to 5K is for the real potato AND the athlete. Now, get off the couch and get moving with me in the Couch to 5K Challenge! Ray L.



CROSS COUNTRY FOR YOUTH

Activity #6004.211

Cross Country is a competitive running sport in which teams of runners, both young men and young women, from different schools or areas compete against each other on a specific running course. Though sometimes they run at the same time, the men's and women's teams are scored separately. Cross-country is not the same sport as track.

The first 30 minutes of each class will consist of a character message from local community residents. The last hour of each class will consist of cross-country training by motivating and dedicated volunteer coaches.

Local competitions will be held at Les Myers Park during the 10 week program, however practices will be held at the Academy Recreation Center. An end of season regional competition will be held at McAlpine Park in Charlotte.

Open to 4th - 8th graders; Max. 25 participants

Monday & Wednesday

9/12 - 11/16

4:30 - 6:00 p.m.

Fee: \$15;

Location: Practices - Academy Recreation Center

Local competitions - Les Myers Park (2 per 10 week program)

CROSS COUNTY VOLUNTEER COACHES NEEDED!! Please contact Ryan Jones at 704-920-5619 for more information.

Coaches and sponsors are needed for all sports!!
Please contact Ryan Jones at 704-920-5619 to discuss opportunities.

Golf

ROCKY RIVER GOLF CLUB AT CONCORD

Register at Rocky River Golf Club
Floyd Gragg, PGA Instructor,
704-455-1200 ext: 2,
floyd.gragg@jqh.com or Concord
Parks & Recreation, 704-920-5619,
concordparksandrec.org

PRIVATE LESSONS by PGA Certified
Instructors available by appointment.

SHORT GAME SCHOOLS (putting,
chipping, pitch shots) conducted by
Rocky River Golf Club PGA
Instructors. Contact golf shop at
704-455-1200 ext: 2 for dates and
time.
Fee: \$100.00 for 4 classes
(includes range balls)



MOMMY & BABY

Activity #6005.412

Mothers with infants 8 weeks to 2 years will participate in a group fitness class to help shed baby weight and have bonding time with baby. Weekly education on post baby nutrition and fitness. Bring your own mat and water bottle.
Instructor: Christin Dow, RD, LDN, AFAA; registered dietician and certified fitness instructor.

Mondays

1/2 - 2/13 (6 weeks)

6:00 - 7:00 p.m.

Fee: \$45; \$5 city resident discount

Location: Academy Recreation Center

NOTE: The GET FIT PUNCH CARD is not applicable
to this class or other classes offered by Christin Dow.

Upcoming classes offered by Christin Dow: FAMILY FIT, 3/5 - 4/9
For more information call Ryan Jones at 704-920-5619.

FALL JUNIOR GOLF CLINICS

Activity #6006.312

For ages 8 - 17. If you are inspiring to
play on a school golf team, this class
is for you. Sign up with Floyd Gragg,
704-455-1200 ext.2 or Concord Parks
& Recreation, 704-920-5619

Wednesday

10/5, 10/12, 10/19, 10/26

Must pre-register by 10/2

5:30 - 6:30 p.m.

Fee: \$69, includes range balls;
\$5 city resident discount

GROUP GOLF CLASSES

For two or more participants. For
appointment contact Floyd Gragg,
704-455-1200 ext. 2.

Fee: Adults: \$60.00 per hour;
Juniors: \$45 per hour PLUS \$8
for range balls.



FENCING



BEGINNER FENCING

Activity #6006.311

Charlotte Fencing Academy
offers fencing classes that
embrace a philosophy centered
on the three core values of
honor, integrity, and courage.
Each student will learn the basic
art of fencing and will have the
opportunity to enjoy this sport
for the rest of their lives.
Equipment is provided. Ages 9
and up! Min. 5 participants;
max. 25 participants.
Instructed by certified and
experienced Charlotte Fencing
Academy staff.

Fridays

10/17 - 11/11

4:00 - 5:00 p.m.

Fee: \$75; \$5 city resident discount

Location: Academy Recreation
Center

Call Ryan Jones at 704-920-5619
for more information!



Recreation Centers & Facilities

The Concord Parks & Recreation Department has three recreation centers: Academy, Hartsell, Logan. Each provides a variety of recreational opportunities to the public. The centers offer billiards, foosball, bumper pool, air hockey, shuffleboard and table tennis. Weight rooms, available to men and women, are equipped with machines, free weights and cardiovascular equipment. The centers also offer free-play in the gymnasiums, including basketball and volleyball. Content / scheduled dates may be subject to change.

Meeting rooms are available to the public. Fee based on usage.



ACADEMY RECREATION CENTER

147 Academy Avenue NW
Frances Bost, Center Supervisor
704-920-5601

Information for Beverly Hills Park, Academy Park, Les Myers Park, J. W. "Mickey" McGee Park, Harold B. McEachern Greenway and The Village Greenway

HALLOWEEN HOWLER

Families, join us for games, candy, face painting and more for this night of Halloween fun in the gym. No fee.

Saturday, 10/29

6:00 - 9:00 p.m.

ART ADVENTURE

We'll give you the supplies (paint, crayons, colored pencils and markers) and you create your Christmas masterpiece! Ages 5 - 12. No fee. Staff supervised.

Saturday, 12/10

Pre-register by 12/5

3:00 - 5:00 p.m.

GINGERBREAD HOUSE CRAFT

Get in the Christmas spirit as we decorate pint sized graham cracker houses with candy. For ages 8 - 18. Sign up fast! Only room for 15! No fee.

Thursday, 12/22

Pre-register by 12/19.

9:30 - 11:00 a.m.



SANTA'S MOVIE DAY

Get on board Santa's Express and watch the movie. Wear your PJs for added fun! For ages 5 - 12. Snacks provided. No fee.

Thursday, 12/22

Pre-register by 12/19

1:00 - 3:00 p.m.

ZUMBA

Zumba creates a dynamic, exciting and effective fitness system in a format that combines fast and slow rhythms to tone and sculpt the body and emphasize muscle work along with rhythms. Also features combination rhythms within the same songs for example, Latin Disco, Reggaeton-Cumbia, Conga-Hip-hop, Merengue Hip-hop, Reggaeton-Belly dance, Techno and Salsa.

Instructor: Alma Alfonso

Friday

Continual

6:30 - 8:00 p.m.

Max. 20 participants

Saturday

Continual

12:00 - 1:30 p.m.

Max. 20 participants

Fee: \$3 per class

HARTSELL RECREATION CENTER

60 Hartsell School Road
Martha Hagood, Center Supervisor
704-920-5602

Information for Hartsell Park and James L. Dorton Park.

BALLET

Learn the fundamentals of ballet dance building positive and healthy bodies, along with developmental skills of dance. This dance form will take students through the first ballet principles, stressing body position, carriage and posture. Meaningful skills combine the mind, body and spirit through fun movement using a variety of music.

Instructor: Tuwanna McNeely
Tuesday & Thursday

6:30 - 8:00 p.m.

Session I: Activity #1001.311

10/4 - 11/3; NO class 10/25 & 10/27

Session II: Activity #1002.311

11/8 - 12/6; NO class 11/24

Session III: Activity #1003.412

1/3 - 1/26

Fee per session:

\$25; \$5 city resident discount

CARRIGAN FALL HARVEST PUMPKIN TOUR

Activity #1000.311

Enjoy the crisp Fall air with your little ones on our trip to Carrigan Farms in Mooresville.

We'll hop aboard the Parks & Recreation bus that will transport us to their Farm for the Fall Harvest Tour.

We'll visit the petting zoo and sip some refreshing apple cider before we eat our picnic lunch on the Farm. Especially for ages 3 - 11 and their parent or guardian.

Tuesday, 10/25

Fee: \$10 per participant (bring your own picnic lunch)

**Parents/guardians must also register with child.*

Depart: 9:00 a.m. from the Academy Recreation Center

Return: 3:00 p.m.

Fee includes transportation and tour with pumpkin.

All participants must pre-register by 10/14.



Recreation Centers & Facilities

YOUTH COUNCIL TUTORING PROGRAM

Activity #1008.311

After school tutoring and home work assignments, available for children in grades 1-5, will be provided by Concord Youth Council members. Will not meet on holidays or when school is out. Max. 8 participants. No fee.

Mondays, 9/26 - 12/12

5:00 - 6:00 p.m.

WALKING CLASS

Join this walking program that is a serious fat burning, muscle conditioning and stretching all in one. Will not meet on holidays. No fee. Class is self instructed.

Morning Classes:

Monday, Wednesday, & Friday

Continual,

8:00 - 9:00 a.m.

9:15 - 10:20 a.m.

Evening Class:

Monday, Tuesday, & Wednesday

Continual

5:00 - 6:00 p.m.

GINGERBREAD HOUSE CRAFT

Get in the Christmas spirit as we decorate pint sized graham cracker houses with candy. For ages 6 - 12. Sign up fast! Only room for 10! No fee. Staff supervised.

Thursday, 12/15

5:00 - 6:00 p.m.

HARTSELL KARATE CLUB

The Hartsell Karate Club will teach you how to kick, block, punch and strike. Ages 3 and up.

Instructor: James Reid

Monday & Wednesday

6:30 - 8:00 p.m.

Session I: Activity #1004.311

10/3 - 10/26

Session II: Activity #1005.311

11/7 - 11/30

Session III: Activity #1006.311

12/5 - 12/28

Session IV: Activity #1007.412

1/2 - 1/25

Fee per session:

\$25; \$5 city resident discount

ZUMBA

This dynamic, exciting and effective fitness system is a format that combines fast and slow rhythms to tone and sculpt the body.

Instructor: Marsha Sanders

Friday, Continual

10:30 - 11:30 a.m.

6:30 - 7:30 p.m.

Saturday, Continual

10:00 - 11:00 a.m.

Fee: \$3 per class

LOGAN MULTI-PURPOSE CENTER

184 Booker Street SW

Rodney Smith, Center Supervisor

704-920-5603

Information for Caldwell Park and W. W. Flowe Park

CRAFTS FOR KIDS

Volunteer instructors will show children how to make craft items. For ages 6 - 12. No fee.

Wednesday

10/5, 10/19, 11/2, 11/16, 12/7, 12/21,

1/4 & 1/18

5:30 - 6:30 p.m.

ADULT POOL TOURNAMENT

Adults male or female compete in a fun game of 8 ball. 1st and 2nd place winners will receive trophies. Min. 6; max 15 participants.

Wednesday

10/12

6:00 - 8:00 p.m.

Fee: \$5 registration fee

SOUTHWEST KARATE ACADEMY

Individuals learn how to defend themselves, get in shape and gain confidence. Instruction for 4 - 10 year olds and 11 years and up. No fee. Contact Tony Moody at 704-701-1346 for class information.



HALLOWEEN HAPPENINGS



HALLOWEEN HOWLER at Academy Recreation Center

Saturday, 10/29

6:00 - 9:00 p.m.

Families, join us for games, candy, face painting and more for this night of Halloween fun in the gym. No fee.

PUMPKIN PROWL at Hartsell Recreation Center

Thursday, 10/27

6:00 - 8:00 p.m.

Little ghosts and goblins, ages 4-12, can enjoy Halloween themed games, activities and arts & crafts (and maybe a scare or two) at this family carnival.

TREAT NIGHT at Logan Multipurpose Center

Saturday, 10/22

7:00 - 9:00 p.m.

Join us for Halloween fun in the gym! Games, candy and prizes for ages 2 - 12.



RECREATION CENTERS HOURS OF OPERATIONS

Monday - Friday

8:00 a.m. - 8 p.m.

Saturday

12:00 noon - 5:00 p.m.

Sunday

CLOSED

Holidays

12:00 noon - 6:00 p.m.

Closed Thanksgiving, Christmas & Easter

Youth Programs

ACTING UP! CHILDREN'S THEATRE

Classes are instructed by Kelly Slusarick, who has twenty-plus years experience teaching children of all ages. She incorporates all of her loves into theatre instruction, dance, music, art and drama, to inspire your child in adventure, courage and curiosity. Classes meet once a week for monthly sessions and follow the Cabarrus County School calendar. Classes meet at Academy Recreation Center. Minimum number of participants will be at the instructor's discretion.

IMAGINATION EXPLORATION

Class for little ones, ages 3 - grade 2, looks at the very basics of theatre - creating stories! Just for those who want to explore their own creativity through games, music and "make believe".

Thursday, 4:30 - 5:15 p.m.

Session II: Activity #5021.311 10/6 - 10/27

Session III: Activity #5022.311 11/3 - 11/17

Fee per session: \$35; \$5 city resident discount

Session IV: Activity #5023.311

12/1 - 12/15

Session V: Activity #5024.411

1/5 - 1/26

FOOTLIGHTS

Class for children in grades 2- 5, is designed for students to find their own voice in a collaborative, creative environment. Students gain the ability to express themselves, build confidence, explore their imaginations and develop basic social skills. Meets on Tuesday; two class times offered.

Tuesday, 1:00 - 2:30 p.m.

Session II: Activity #5040.311 10/4 - 10/18

Session III: Activity #5041.311 11/1 - 11/22

Session IV: Activity #5042.311 11/29 - 12/20

Session V: Activity #5043.411 1/3 - 1/24

Fee per session: \$55; \$5 city resident discount

Tuesday, 4:30 - 6:00 p.m.

Session II: Activity #5026.311 10/4 - 10/18

Session III: Activity #5027.311 1/1 - 1/22

Session IV: Activity #5028.311 11/29 - 12/20

Session V: Activity #5029.411 1/3 - 1/24

Fee per session: \$55; \$5 city resident discount

FLOODLIGHTS

Class for 6 - 8th grade students is for the slightly more experienced actor who wants to explore and expand their speaking, acting and auditioning skills through accelerated activities. Meets on Wednesday; two class times offered.

Wednesday, 1:00 - 2:30 p.m.

Session II: Activity #5045.311 10/5 - 10/26

Session III: Activity #5046.311 11/1 - 11/30;
NO class 11/23

Session IV: Activity #5047.311 12/7 - 12/21

Session V: Activity #5048.411 1/4 - 1/25

Fee per session: \$55; \$5 city resident discount

Wednesday, 5:00 - 6:30 p.m.

Session II: Activity #5031.311 10/5 - 10/26

Session III: Activity #5032.311 11/2 - 11/30;
NO class 11/23

Session IV: Activity #5033.311 12/7 - 12/21

Session V: Activity #5034.411 1/4 - 1/25

Fee per session: \$55; \$5 city resident discount

STROBE LIGHTS

For middle school and high school students who are ready to take the stage! This class will develop and refine acting, vocal, and movement skills by rehearsing scenes, songs and choreography from timeless Broadway musical hits. Meets on Monday; two class times offered.

Monday, 1:00 - 2:30 p.m.

Session II: Activity #5050.311 10/3 - 10/31;
NO class 10/24

Session III: Activity #5051.311 11/7 - 11/28

Session IV: Activity #5052.311 12/5 - 12/19

Fee per session: \$55; \$5 city resident discount

Tuesday, 4:30 - 6:00 p.m.

Session II: Activity #5036.311 10/3 - 10/31;
NO class 10/24

Session III: Activity #5037.311 11/7 - 11/28

Session IV: Activity #5038.311 12/5 - 12/19

Fee per session: \$55; \$5 city resident discount



Trips

Enjoy traveling and leave the driving to us! All trips depart from "The Village" located across from First Assembly on 280 Concord Parkway South in Concord, 28027. Please park in the parking lot north of Big Lots, across from Arby's. Plan to arrive 30 minutes before departure for trips. Pre-registration is required.

SHATLEY SPRINGS

Activity #7000.311

Travel with us to Shatley Springs Country Inn Restaurant for a fun time of eating and fellowship. After we have had our fill, we will travel to the Cheese Factory in West Jefferson where we hope to see cheese being made. Next stop will be at one of the apple houses. On our way home we'll take a rest/snack break.

Date: Thursday, 10/13

Fee: \$22 and cost of meal and purchases

Depart: 7:45 a.m.; Returns: 5:00 - 5:30 p.m.

GRANDFATHER MOUNTAIN FALL COLOR

Activity #7001.311

Enjoy the Fall color as we head to Grandfather Mountain, the only private park in the world designed by the United Nations as an International Biosphere Reserve. Shuttles will take us to the top of the mountain where you will see the famous Mile High Swinging Bridge and have lunch at Mildred's Grill in the Nature Museum. At the top, you can walk around if you choose, see native wildlife habitats or select a bench to take in the beautiful views. Don't forget a jacket and an umbrella!

We take a rest stop on the way to the mountains (no breakfast stop so be sure to eat before we leave) and on the way home we will stop for some good old mountain apples.

Date: Thursday, 10/20

Fee: \$35 and cost of meal and purchases

Depart: 7:45 a.m.; Returns: 6:30 p.m.



MIKE'S FALL MYSTERY TRIP

Activity #7002.311

Discover the joy of a _____ at _____ near _____, _____. You will see the beauty of _____ on the _____ for a relaxing _____ & _____. Lunch will be included on this trip. After lunch we travel to _____. We will see how _____ was made. You will be able to interact with things you have never seen before. Mystery trips are a lot of fun. Join us!

Date: Thursday, 11/3

Fee: \$29, includes lunch.

Depart: 8:45 a.m.; Returns: 4:00 - 4:30 p.m.



"A STRANGER FOR CHRISTMAS" NARROWAY THEATRE, FORT MILL, SC

Activity #7004.311

We will enjoy lunch at Captain Steve's Seafood before we head to see "A Stranger for Christmas" at NarroWay Theatre in Fort Mill, SC. This play is based on the book written by Carol Lynn Pearson. "Call your children. Ask them if they'll take in a little old lady who needs a family for Christmas. Go on, call them." And with this challenge, the heartwarming and humorous story of "A Stranger for Christmas" unfolds.

Date: Thursday, 12/8

Fee: \$32 plus cost of meal

Depart: 10:00 a.m.; Returns 3:30 - 4:00 p.m.

TANGLEWOOD FESTIVAL OF LIGHTS

Activity #7005.311

We will stop for an early supper before entering Tanglewood Park for the Festival of Lights, one of the largest and most spectacular light shows in the southeast. From storybook scenes to holiday themes, over one hundred displays with nearly a million lights fill the park with the splendor and joy of the holiday season. While in the park, we will stop at The Barn for shopping, hot chocolate and s'mores. This is a great trip for adults and children.

Date: Thursday, 12/1

Fee: \$13 plus cost of meal

Depart: 3:00 p.m.; Return: 10:30 - 11:00 p.m.



Fitness

*A variety of fitness classes are offered. Many of our instructors hold nationally recognized certifications and all have significant training and experience.
Minimum of eight participants per class.*

GET FIT PUNCH CARD

Activity #4000.011

The Get Fit Punch Card provides convenience, flexibility and options! Holders of the card may participate in 10 single fitness classes offered by Concord Parks & Recreation as long as space is available. The card is good for one year from the date of purchase and must be purchased before attending the first class. Present the Card at class.

Fee: \$40; \$5 city resident discount

FITNASTICS

This low impact class incorporates resistance training with strength exercises using bands and weights. Bands furnished by the instructor. Bring your own 2, 3 or 5 lb. weights, mat and water bottle.

Instructor: Vickie Fisher

Tuesday & Thursday

9:15 a.m. - 10:15 a.m.

Session I: Activity #4000.311

9/27 - 11/3

Session II: Activity #4001.311

11/8 - 12/20

Session III: Activity #4002.311

12/27 - 2/3

Fee: \$35; \$5 city resident discount

Location: Hartsell Recreation Center

EXERCISE: THE BASICS

Activity #4003.211

Incorporate traditional aerobics and step aerobics with strength training and stretching to create a balanced workout. Bring your own mat, hand weights, and water bottle.

Instructor: Lee Campbell

Tuesday & Thursday

5:30 - 6:30 p.m.

Session I: Activity #4003.311

10/4 - 10/27

Session II: Activity #4004.311

11/1 - 12/1; NO class 11/24

Session III: Activity #4005.412

1/3 - 1/26

Fee: \$25; \$5 city resident discount

Location: Fire Station #8

1485 Old Charlotte Rd.



PERSONAL TRAINING

Activity #4031.211

Personal trainer Michelle Colombero will design a 1 hour fitness program that will help you get motivated and feel great! Your session will include strength training for your upper and lower body, a cardiovascular component, nutritional consultation and flexibility exercises. A medical clearance from your physician is required for those over 40 years of age.

Fee: \$40 per 1 hour session;

\$5 city resident discount

Location: Academy Recreation Center

Call 704-920-5600 to schedule training with Michelle.

BRING ON THE YOGA BUZZ

A. Michelle Colombero, Master Personal Trainer/YOGA Instructor

Want to start feeling better than ever? Check your stress at the door? Quiet your mind?

The benefits of regular YOGA practice have a powerful impact on your health. YOGA will reduce your muscle tension, allowing you to get a handle on what your body needs to be healthy and feel good.

Did you know your breathing has a direct influence on your nervous system? Your body and mind work best with a steady and deep flow of oxygen. Focusing on breathing techniques instructed in YOGA cultivate awareness and attention, directing your energy towards your goals.

I'm inspired when class participants who've embraced yoga share with me how much it has helped them feel so much better. Ready to get started? Join us by registering for YOGA or YOGA 101 class for an awesome experience. You will be amazed how it will transform you.



Adult Fitness Classes

PILATES

Improve your core strength, flexibility and balance while building strength without bulk. The workout incorporates bands, weights and fitness balls as well as combining yoga techniques.

Instructor: Michelle Colombero

Monday & Wednesday

7:00 – 8:00 p.m.

Session I: Activity #4009.311 10/19 – 11/30;
NO class 11/23

Session II: Activity #4010.311 12/5 – 1/16;
NO class 12/26

Session III: Activity #4011.412 1/23 – 2/29

Fee per 6 week session: \$35; \$5 city resident discount

Location: Academy Recreation Center

STABILITY BALL WORKOUT

Have fun rolling on the ball while developing strength and balance! Your chest, shoulders, legs, hips and abs will get a work out. Limited to 10 participants.

Instructor: Michelle Colombero

Saturday

8:30 – 9:30 a.m.

Session I: Activity #4018.311 10/8 – 11/19;
NO class 10/15

Session II: Activity #4019.311 11/26 – 1/14;
NO class 12/24 & 12/31

Session III: Activity #4020.412 1/21 – 2/25

Fee per 6 week session: \$20; \$5 city resident discount

Location: Academy Recreation Center

YOGA

This class revolves around asanas (postures), pranayama (energy), alignment and breathing. Designed for the seasoned Yogi. Closing will include Savasana and Meditation. Wear comfortable clothes.

Instructor: Michelle Colombero

Saturday

10:00 – 11:00 a.m.

Session I: Activity #4012.311 9/17 – 10/29;
NO class 10/15

Session II: Activity #4013.311 11/5 – 12/10

Session III: Activity #4014.412 1/7 – 2/11

Fee per 6 week session: \$20; \$5 city resident discount

Location: Academy Recreation Center

Waist Management



The holidays are coming, whether your waist is ready or not.

Managing your waist during this time of plentiful food can be as simple as drinking a glass of water when you get that urge to eat. Listed below are just a few strategies to stop the scale from moving up during the holidays.

1) **KEEP A FOOD DIARY** and know how much daily intake you need to maintain your weight. Know what a normal portion of food is before you load your plate. Keep in mind the suggested food portions.

2) **MOVE!** Walk at least 30 minutes a day in addition to your exercise. Three 10 minute walks a day will do if you are exercising. If you are not exercising, wear a pedometer and walk 10,000-20,000 steps - every day. (Did you know you can use the treadmills, exercise machines and free weights at any of our three recreation centers, free of charge!!)

3) **SLEEP!** Get 7 - 9 hours every night. Lack of sleep causes weight gain, especially around the belly. So turn off the TV and computer 2 hours before you plan to sleep so you will get good deep REM sleep.

4) **GET RID OF STRESS!** Take a nap, read a book, listen to music, meditate, just do something that makes you calm. You do not have to drive in the mall traffic if you don't want to. Just tell yourself NO, you are not going to give in to holiday pressure!

5) **EAT BREAKFAST EVERY DAY** and try to eat low glycemic foods at every meal to avoid blood sugar highs and lows. Eat something every 4 hours with 60% consumed by 4:30 p.m.

6) **DRINK PLENTY OF WATER.** When you are tired you tend to eat when you are most likely thirsty. Hunger and thirst are sometimes closely linked and overeating usually occurs when you are dehydrated.

7) **DO NOT DRINK ALCOHOL OR EAT SWEETS ON AN EMPTY STOMACH.** Doing this will keep your blood sugar from peaking and dropping.

8) **PLAN YOUR FOOD ATTACK!** If you know you are going to a party with lots of fattening food, then be active and eat healthy during that day. Know the calorie content of the food you will be eating and how much time it takes to burn off those calories.

This information was adapted from *Stop the Insane Holiday Weight Gain* by Gay Riley, NetNutritionist.com

Special Interest & Events



DOGS' DAY OUT

Saturday, 10/22
11:00 a.m. - 2:00 p.m.
Les Myers Park
228 Lawndale Ave. SW

Hey, dogs! Bring your owner to Les Myers Park and enjoy the festivities planned for you and your owner.

Play off-leash in the Doggie Fun Zone on the ball field for as long as you like! Then enter the talent, obedience and costume contests where your owner can vie to win goodies for you!

Your owner can visit with sponsoring veterinarians to ask questions and get current medical information. Also, visit the vendors selling pet products and non-profits distributing information about their rescue efforts.

Hot dogs and refreshments will be offered by Concord Youth Council.

Contest schedule:
11:45 Obedience Contest
12:15 Talent Contest
1:15 Costume Contest

Presented by:
Foster Animal Hospital, PA



Cabarrus Animal Hospital PA
South Ridge Veterinarian Hospital
Animal Care Clinic
Concord Parkway Animal Hospital
Swiftdogz, Inc.

FIT & FABULOUS

Activity #4032.311

Stay Fit and Fabulous with this great group of senior adults. Enjoy walking, range of motion strength exercises, and fellowship. Monthly luncheons, local trips, and surprises are included.

Wednesdays
10:00 - 11:00 a.m.
ongoing through 12/28

Outings:

October: Aw Shucks Farm

November: Yoder's Amish Market

December Christmas Lunch Party

Fee: \$10; \$5 city resident discount

Location: Academy Recreation Center Gymnasium



RAIN BARREL MAKING 101

Activity #8014.311

Want to learn how to save water, save money AND help protect local water quality by building your own rain barrel? You purchase the materials from our materials list; we'll provide the barrel and assist you in the construction. Mandy Smith-Thompson, Environmental Educator, will start us off with a short discussion on water conservation before we begin construction. Materials list can be found at www.concordparksandrec.org

Thursday, 10/6

Pre-register by 9/30

6:00 - 7:30 p.m.

Fee: \$15; \$5 city resident discount

Location: Academy Recreation Center

PIN SPLITTERS

Activity #8013.412

Pin Splitters is a bowling league designed for individuals with developmental disabilities. Gain skills in league play, competition, socialize with friends and be active!

Saturdays, 1/21 - 3/10

Pre-register by 1/10

1:00 - 3:00 p.m.

Registration Fee:

\$15; \$5 city resident discount

Weekly Fee: \$8.40, payable to Foxfire Lanes. Includes 3 games and shoes.



Downtown Greenway Loop
Quarter mile markers are indicated
with two red Lizards at each location.

Greenway Loop
A red silhouette of a lizard.
1/4 Mile Markers

Special Interest & Events

CAROLINA SHAG DANCE CLASS

Learn the fundamentals of the dance that originated in the Carolinas. Open to singles and couples. Min. 10 participants. Pre-registration required. Instructor: Patty Blackmon
Wednesdays

OCTOBER Session

10/5, 10/12, 10/19, 10/25

Beginners: Activity #8000.311

7:00 - 8:00 p.m.

Intermediate: Activity #8001.311

8:00 - 9:00 p.m.

NOVEMBER Session

11/2, 11/9, 11/16, 11/30;

NO Class 11/23

Beginners: Activity #8002.311

7:00 - 8:00 p.m.

Intermediate: Activity #8003.311

8:00 - 9:00 p.m.

JANUARY Session

1/4, 1/11, 1/18, 1/25

Beginners: Activity #8004.412

7:00 - 8:00 p.m.

Intermediate: Activity #8005.412

8:00 - 9:00 p.m.

Fee per session:

\$35; \$5 city resident discount

Location: Fire Station #7

250 International Drive N.W.



ANNUAL CHRISTMAS TREE LIGHTING AND FIREWORKS

FRIDAY, 11/18

5:30 - 7:30 p.m.

Downtown Concord

Market Street & Cabarrus Avenue

Kick off the holidays in historic downtown Concord.

Enjoy children's activities,

trolley and carriage rides

on beautiful Union Street,

entertainment, and of course, Santa!

You won't want to miss the Christmas Tree Lighting and fireworks at 7:30 p.m.!

LINE DANCE

BEGINNER:

Pre-registration is required.

Learn some of the most popular line dances: the Electric Slide, the Boot Scootin' Boogie and more. No experience necessary.

Mondays

7:00 - 8:00 p.m.

Session I: Activity #8006.311

11/7 - 12/19

Session II: Activity #8007.412

1/9 - 2/27

HIGH BEGINNER:

Pre-registration is required.

Not ready to move up or has it been awhile since you've danced? This class is for those with line dance experience including terminology and current dances.

Mondays

6:00 - 7:00 p.m.

Session I: Activity #8008.311

11/7 - 12/19

Session II: Activity #8009.412

1/9 - 2/27

DANCE & REVIEW:

Pre-registration is required.

Review dances taught in the Beginner and High Beginner Classes and get the opportunity to put what you have learned to practice.

Wednesdays

6:00 - 7:00 p.m.

Session I: Activity #8010.311

11/2 - 12/21

Session II: Activity #8011.412

1/11 - 2/29

Fee one class per week:

\$30 per session;

\$5 city resident discount

Fee two classes per week:

\$50 per session;

\$5 city resident discount

Location: C.T. Sherrill Building,

Les Myers Park

Please enter in the side door next to the restrooms.

facebook

Follow Us on Facebook

Check out the Concord Parks & Recreation on Facebook

SPECIAL INTERESTS

HYPNOTHERAPY FOR STRESS MANAGEMENT

Activity #8012.311

Relaxation

Encourages

Successful

Thinking!

This four week course is for men and women age 18 and up. Hypnotherapy induces a relaxed state so that positive messages and goals are more easily reinforced in the brain. The person under hypnosis is focused and always in control. Hypnotherapy will help you relax and learn how to reinforce positive stress relief messages. You will learn to manage stress so that you benefit from improved overall well-being, better sleep, greater concentration, and better everything! Min. 4; max. 20 participants.

Instructor: Melissa Stefanski BS MA, Certified Hypnotherapist

Mondays

10/3, 10/10, 10/17 & 10/24

6:00 - 7:00 p.m.

Fee: \$25; \$5 city resident discount

Location: Academy Recreation Center Arts & Crafts Room.

ZUMBA

Zumba creates a dynamic, exciting and effective fitness system in a format that combines fast and slow rhythms to tone and sculpt the body and emphasize muscle work along with rhythms. Also features combination rhythms within the same songs for example, Latin Disco, Reggaeton-Cumbia, Conga-Hip-hop, Merengue Hip-hop, Reggaeton-Belly dance, Techno and Salsa.

Instructor: Alma Alfonso

Monday & Wednesday

10/3, Continual

6:30 - 8:00 p.m.

Fee: \$3 per class

Location: Logan Multi-purpose Center

Arts & Crafts

*Due to purchasing of supplies and instructors preparation time,
pre-registration is required for all arts & crafts classes.*

Watercolor, watercolor pencils, colored pencils and fabric painting are instructed by Linda Long, member of National Society of Decorative Painters (NSDP) and Tarheel Decorative Painters. **Please contact Linda at 704-938-1420 for information about each medium as well as a materials list prior to the class.** All classes are held in the Arts & Crafts room at the Academy Recreation Center.



WATERCOLOR

Activity # 5001.311

Learn the basic techniques of watercolor painting. Min. 6; max. 15 participants.

Wednesday, 10/26, Pre-register by 10/19
9:00 a.m. - 2:00 p.m.

Fee: \$25; \$5 city resident discount
PLUS \$12 materials fee paid to instructor

COLORED PENCILS

Activity # 5002.311

Learn the basic techniques of colored pencil drawing. Min. 6; max. 15 participants.

Wednesday, 11/16, Pre-register by 11/9
Fee: \$25; \$5 city resident discount
PLUS \$12 materials fee paid to instructor

ART INSTRUCTION FOR ADULTS

Instruction by artist Louise Farley for 16 years and older. Classes are located at Academy Recreation Center. Minimum number of participants at the instructor's discretion.

BASIC DRAWING

Activity # 5060.311

Beginners will learn the ABC's that will be helpful in all your creative endeavors. You will be instructed in value scales, texture study, composition and perspective. No experience required!

Tuesdays, 10/11 - 11/15 (6 weeks), Pre-register by 10/4
10:00 a.m. - 12:00 noon

Fee: \$160; \$10 city resident discount

MIXED MEDIA

Activity # 5061.311

Explore different techniques and ideas using acrylic paint and oil pastels on various papers and surfaces. Combine mediums, make monoprints, etchings and more!

Thursdays, 10/13 - 11/17 (6 weeks), Pre-register by 10/6
10:00 a.m. - 12:00 noon

Fee: \$160; \$10 city resident discount

WATERCOLOR PENCILS

Learn watercolor pencil techniques and create a masterpiece. Min. 6; max. 15 participants.

Session I: Activity # 5003.311

Wednesday, 12/14, Pre-register by 12/7
9:00 a.m. - 2:00 p.m.

Session II: Activity # 5004.412

Wednesday, 1/25, Pre-register by 1/18
9:00 a.m. - 2:00 p.m.

Fee: \$25; \$5 city resident discount
PLUS \$12 materials fee paid to instructor



CRAFTS RECYCLED

Activity # 5000.311

Magazines, paper towel/toilet paper rolls, milk jugs and plastic bottles. What in the world can be made from these items? Join us for our Recycled Crafts class and find out!

Class is instructed by Mandy Smith-Thompson, Environmental Educator for City of Concord. Mandy has been scavenging her recycle bin for items so you can begin several projects to decorate your home. You'll even make a pair of earrings!

What you don't finish in class you can take home to complete. Show your friends what you have made. They will be amazed! Min. 4; max. 12 participants.

Wednesday, 11/16

10:00 a.m. - 12:00 noon

Fee: \$10; \$5 city resident discount

Location: Academy Recreation
Center Arts & Crafts room

Please contact Debbie Littlefield,
littlefd@concordnc.gov if you are
interested in an evening class.



QUILTING

Enjoy creating a lifetime keepsake. Open to beginner and intermediate quilters. For a materials list call instructor Peggy Fox, 704-933-2530. Fee per 8 week session:

\$30; \$5 city resident discount
PLUS materials

DAY Class:

Tuesdays
10:00 a.m. - 12:00 p.m.

Session I: Activity # 5005.311
10/18 - 12/6

Session II: Activity # 5006.311
12/20 - 2/7

Location: Logan Multi-Purpose Center

EVENING Class:

Thursdays
7:00 - 9:00 p.m.

Session I: Activity # 5007.311
10/20 - 12/8; NO class 11/24

Session II: Activity # 5008.411
12/22 - 2/9

Location: Fire Station #7
250 International Drive N.W.



2011-2012 Youth Council Executive Board

From left: Harmony Houston, Vice President; Molly Walker, Secretary; Alex Johnson, Promotions/Marketing Chair; Cameron Watson, President; Greg Fields, Finance Chair. Not shown, Caroline Blackman, Social Chair.

Have you noticed groups of teenagers around the City wearing bright tie-dyed t-shirts? They are members of Concord Youth Council and they stay busy with service and volunteer projects in the community. Just this past year 66 members logged over 1,200 volunteer hours.

These young citizens have made it a habit out of working to improve their community.

This past summer many of the 72 members devoted thier time to several projects, such as, Cabarrus Senior Center's 20th Anniversary and Hula Luau, Union Street Live!, Stars in the Park, Streetlight 5K and American Red Cross Camp Ready Kids, where they popped popcorn, entertained and played games with children, timed runners and handed them water, directed event parking, served meals to senior citizens, passed out flyers and information, coordinated a blood drive and gave blood. And they had fun, too!

Concord Youth Council was established in 2001 to allow high school students attending a public, private or home school within the Cabarrus County School district or residing in the City of Concord to interact with government, serve the community and develop leadership skills.

Teens are also active in participating in state youth council conferences throughout the year where they meet teens from all over the state.

Concord Youth Council meets two Monday evenings a month during the school year. More information about their activities can be found on their web page at www.concordnc.gov and on their Facebook page, City of Concord Youth Council. Membership applications are accepted in May of each year. For additional information please contact advisor Debbie Littlefield at 704-920-5615 or email her at littlefd@concordnc.gov



"Rock Your Park" event at Dorton Park



Youth Council members at Camp Ready Kids



Youth Council members at Stars in the Park movie series in Dorton Park



Streetlight 5K water table volunteers



Registration Process

Registration is on a first-come, first-served basis. Fees are due and payable upon registration. A registration form for our classes is included on the back cover of the brochure. A signed registration form is required for participation in all programs. Please note: Summer Playground, Athletic Programs and Special Events require different registration forms. Please call for the appropriate form or download from our web site at www.concordparksandrec.org

There are three ways you can register for classes or programs with the City of Concord Parks & Recreation Department.

Mail-In Registration: Complete the registration form found below, include payment and mail to:

Concord Parks & Recreation Department
P.O. Box 308
Concord, NC 28026-0308

Online Registration: For your convenience, some classes and programs are now available through online registration. Please visit our web site at www.concordparksandrec.org to see if online registration is available for your class or program. Online registration payment can be made with

your credit or debit card. A user fee is applied to online charge payments.

Walk-In Registration: Complete the registration form found on the back of the brochure and bring with payment to:

Academy Recreation Center
147 Academy Avenue NW
Concord, NC 28025

City Resident Discount: Many of our activities and programs offer discounts to City of Concord Residents due to contributions to the local tax base. If a discount is offered, it is shown as a City Resident Discount, and if applicable, this amount will be deducted from the program fee as indicated. This discount applies to registration fees and not to supplies, materials, equipment, etc.

Not sure if you are a City Resident? You are a resident if you reside within the City Limits of Concord. If you are still not sure please call 704-920-5600.

Please call 704-920-5600 or email us at recreation@concordnc.gov if you have any questions or concerns.

MAILING ADDRESS:

Concord Parks & Recreation
P. O. Box 308
Concord, NC 28026-0308

147 Academy Avenue, NW
Tel. 704-920-5600 · Fax 704-792-1971
www.concordparksandrec.org

Please print

Participant's Name _____

Home Phone _____

Business or Cell Phone _____

Address _____

City _____ State _____ Zip _____

Email _____

Activity/Trip _____

Activity/Trip Site _____

Dates: From _____ To _____

Time: _____ (am/pm) on M T W TH F SAT SUN (Please Circle)

Where did you get your copy of the Leisure Times? School ☐ Newspaper ☐ Mail ☐ Other _____

If anyone needs any reasonable accommodations, please contact the ADA Coordinator within 24 hours at 704-920-5111.

I understand that pre-registration in my class is on a first-come, first-served basis, and that the Concord Parks & Recreation Department, its staff, facilities, and instructors will not be held responsible for any injury or loss that might occur in the course of the program. The department reserves the right to cancel or modify programs due to enrollment, weather or other situations that are deemed necessary. Refunds may be made in cases in which changes in class day, time or site prevent participation. I understand that photographs may be taken during the program for departmental use. Registration fee is enclosed (if applicable).

Registrant's Signature _____

(Parent's signature if registrant is under 18)

Residency (Please check one) City of Concord Resident ☐ Non-Resident ☐

NOTE: City of Concord Resident indicates that participant resides within the City Limits of Concord.

Date _____ Fee Enclosed _____

Please make check payable to City of Concord

CITY OF CONCORD PARK & FACILITIES

Administrative Office • 704-920-5600

147 Academy Avenue, NW

Academy Recreation Center • 704-920-5601

147 Academy Avenue, NW

Beverly Hills Park • 704-920-5601

631 Miramar Street, NE

Marvin Caldwell Park • 704-920-5603

362 Georgia Street, SW

James L. Dorton Park • 704-920-5602

5790 Poplar Tent Road

Gibson Field • 704-784-2616

or 704-920-5617

321 Misenheimer Avenue, NW

Hartsell Recreation Center • 704-920-5602

60 Hartsell School Road

Hartsell Field Complex • 704-788-9325

or 704-920-5617

30 Swink Street, NW

Hartsell Park • 704-920-5602

65 Sunderland Road

Lake Fisher Reservoir Boat Rentals

704-920-5618 or 704-938-1327

5090 Lake Fisher Road

(Seasonal) March-October

Logan Recreation Center • 704-920-5603

184 Booker St., SW

McAllister Field • 704-786-0157

or 704-920-5617

160 Crowell Drive, NW

Harold B. McEachern Greenway

704-920-5600

Enter at Les Myers Park or

J. W. McGee, Jr. Park

The Village Greenway

704-920-5601

175 Academy Avenue, NW

J. W. "Mickey" McGee, Jr. Park

704-920-5601

219 Corban Avenue, East

John F. McInnis Aquatic Center

704-920-5604 or 704-920-5600

151 Academy Avenue, NW

(Seasonal, May-August)

Les Myers Park • 704-920-5601

338 Lawndale Avenue

Rocky River Golf Club at Concord

704-455-1200

6500 Bruton Smith Blvd.

W. W. Flowe Park • 704-920-5603

99 Central Heights Drive

Webb Field • 704-786-8406

or 704-920-5617

165 Academy Avenue, NW

PARKS HOURS:

April-October

Open daily from 8:00 a.m. until 9:00 p.m.

Lighted field and court facilities
close at 11:00 p.m.

November-March

Open daily from 8:00 a.m. until 7:00 p.m.

Lighted field and court facilities
close at 10:00 p.m.